

DINNERLY



Low-Cal Pan-Fried Fish with Bombay Potatoes and Spinach Salad



30 minutes



2 Servings

Fish and chips is getting fancy – and dropping cals too! We've given this traditional favourite some Indian flair with a dusting of aromatic spices before pan-frying. The result: flavour-packed, tender fish and crunchy morsels of golden potato.

WHAT WE SEND

- 1 potato
- 10g masala seasoning
- 30g pepitas
- basa fish pieces ⁴
- 50g baby spinach leaves
- 100g Greek-style yoghurt ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1 tsp red or white wine vinegar ¹⁷
- ½ tsp honey

TOOLS

- small saucepan with lid
- medium deep frypan
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Fish (4), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 455kcal, Fat 24.8g, Carbs 28.4g, Proteins 27.2g



1. Boil potato

Peel the **potato** and cut into 2cm chunks. Crush or finely chop **2 garlic cloves**. Put the potato in a small saucepan, cover with cold salted water and bring to the boil. Cook for 8-9 mins until tender. Drain and return to the pan. Cover the pan and shake it to roughen up the edges of the potato (see Kitchen hack).



2. Pan-fry potato

Heat **2 tsp olive oil** in a medium deep frypan over high heat. Cook the **potato, garlic** and **half the masala seasoning**, stirring, for 5 mins or until golden. Remove the pan from the heat. Season with **salt and pepper**.



3. Pan-fry fish

Meanwhile, put the **pepitas** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Scatter the **remaining masala seasoning** over the **fish** and season with **salt and pepper**. Heat **2 tsp olive oil** in the same pan over medium-high heat. Cook the fish for 2-3 mins each side until cooked through. Remove the pan from the heat.



4. Make spinach salad

Put **2 tsp olive oil**, **1 tsp red wine vinegar** and **½ tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **spinach** and **pepitas** and toss to coat.



5. Serve up

Divide the **fish, Bombay potatoes** and **spinach salad** among plates. Drizzle over the **yoghurt** and enjoy!



6. Kitchen hack

You don't want to break up the potato pieces too much, you just want to roughen up the edges a little so they get nice and crisp when pan-fried. So give the pan a good shake, but not too hard.